

HB5950



95TH GENERAL ASSEMBLY

State of Illinois

2007 and 2008

HB5950

by Rep. Ruth Munson - Elizabeth Coulson

SYNOPSIS AS INTRODUCED:

New Act

Creates the Eldercise Fitness Website Act. Provides that, subject to appropriation, the Department of Public Health and the Department on Aging, in cooperation with the Governor's Council on Physical Fitness, shall create an Internet-based statewide fitness program to educate and involve older citizens and their families in physical activities, as well as stress the importance of proper nutrition.

LRB095 18426 KBJ 44512 b

FISCAL NOTE ACT
MAY APPLY

A BILL FOR

1 AN ACT concerning health.

2 **Be it enacted by the People of the State of Illinois,**
3 **represented in the General Assembly:**

4 Section 1. Short title. This Act may be cited as the
5 Eldercise Fitness Website Act.

6 Section 5. Findings. The General Assembly finds and
7 declares all of the following:

8 (a) Chronic diseases are the leading cause of illness and
9 disability among older Americans.

10 (b) Currently, chronic diseases, such as heart disease,
11 stroke, cancer, diabetes, arthritis, and obesity account for 3
12 out 4 premature deaths in the United States.

13 (c) As the baby boomers grow older, the number of Americans
14 aged 65 and older will double to 70 million and over the next
15 30 years.

16 (d) Every senior can benefit from physical activity.
17 One-third of men and half of women aged 75 and over engage in
18 no leisure activity.

19 Section 10. Eldercise program.

20 (a) Subject to appropriation, the Department of Public
21 Health and the Department on Aging, in cooperation with the
22 Governor's Council on Physical Fitness, shall create an

1 Internet-based statewide fitness program to educate and
2 involve older citizens and their families in physical
3 activities, as well as stress the importance of proper
4 nutrition.

5 (b) The goal of the program shall be to improve access to
6 information about senior-friendly recreational facilities and
7 activities and to promote activity policies and programs among
8 individuals and communities.